

International Workers' Day a chance to appreciate workforce

Social Desk

EXCLUSIVE

May Day, celebrated annually on the first of May, is a day that holds great historical and cultural significance in our world today. It is a day that has evolved over time, encompassing various traditions and meanings. From its ancient roots as a spring festival to its modern-day significance as International Workers' Day, May Day has become a symbol of unity, progress, and the power of collective action.

The origins of May Day can be traced back to ancient civilizations, where it was celebrated as a spring festival. In pre-Christian Europe, the Celts and the Romans marked the beginning of summer with festivities that honored fertility and the renewal of life.

The modern significance of May Day as International Workers' Day has its roots in the labor union movement of the late 19th century. On May 1, 1886, thousands of workers across the United States went on strike, demanding an eight-hour workday. The events that followed, including the Haymarket Affair in Chicago, led to the deaths of several workers and police officers. In 1889, the Second International, a global organization of socialist and labor parties, declared May 1 as International Workers' Day in memory of the Haymarket martyrs and to promote workers' rights worldwide.



UNSPASH

Today, May Day is celebrated in various ways across the globe. In many countries, it is a public holiday, with workers participating in marches and demonstrations to advocate for better working conditions, fair wages, and social justice. The day serves as a remind-

er of the power of collective action and the ongoing struggle for workers' rights. In the 21st century, May Day remains a significant day for workers and activists worldwide. As globalization and technological advancements continue to reshape the labor land-

scape, new challenges have emerged, such as job insecurity, income inequality, and the erosion of workers' rights. May Day serves as an opportunity for people to come together, raise awareness of these issues, and advocate for change. Iran joins the global cel-

bration of International Workers' Day by holding rallies to honor the hard-working individuals who are the backbone of society and the economy. This day serves as a reminder that without the workforce, there would be no wealth creation.

Iranian delicacy crowned best herbal dish in the world



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Zeytoon Parvardeh (marinated olives) is a delicacy, hailing from Iran's northern province of Gilan, with the capability to transport one's taste buds to a world of pleasure. These little fruits, soaked in a blend of spices and oils, offer a unique flavor profile that is both tangy and savory. The experience of eating marinated olives is more than just satisfying one's hunger; it is a sensory journey that engages all the senses.

Zeytoon Parvardeh has recently been crowned the best herbal dish by TasteAtlas users, ranking first on their list of 100 herbal dishes, which is a testament to its irresistible flavor profile.

The pleasures of eating it is not limited to taste. It also has a visual appeal. The vibrant colors of the olives, ranging from deep green to purple, create an appetizing sight. The glistening sheen of the oil coating the olives adds to their allure, making them irresistible. The presentation of marinated olives in a dish or jar adds an aesthetic element to any table setting.

Another pleasure comes with the aroma of marinated olives. The combination of spices and oils creates a tantalizing scent that is difficult to resist. The aroma is both pungent and alluring, making one salivate at the mere thought of consuming these little fruits. The scent of marinated olives is a prelude to the taste experience that awaits.

The main pleasure is the taste itself. The unique blend of spices and oils creates a complex flavor that is both tangy and savory. The initial burst of flavor comes from the saltiness of the olives, followed by a tangy sensation from the savory ingredients used in the marinade. The herbs and spices used in the marinade add depth to the flavor profile, creating a symphony of flavors that dance on the tongue.

Eating marinated olives it coated in yet another pleasure: its texture. The firmness of the olives creates a satisfying crunch when bitten into, releasing their flavorful juices. The oil coating the olives creates a smooth texture that is easy to swallow, making them a perfect addition to any meal.



By Behdad
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Guest
contributor

EXCLUSIVE

Art has always been an integral part of my life, and I consider it to be my life mission. As a multidisciplinary artist, I specialize in painting, installation art, and photography. Each medium allows me to explore different aspects of my creativity and express myself in unique ways.

My personal style is recognized for its warm colors, rich textures, and unique composition. I draw inspiration from various sources, including abstract expressionism and minimalism.

Thus spoke the artist:

In praise of minimalism

These two movements have had a significant impact on my work, and I strive to find a balance between spontaneity and logical patterns. Abstract expressionism is characterized by its boundlessness, distinctiveness, spirituality, and spontaneity. It encourages artists to tap into their subconscious mind and create works that are free from constraints. This approach resonates with me because it allows me to explore my emotions and express them in a way that is authentic and true to myself.

Minimalism, on the other hand, is all about simplicity and reduction. It emphasizes the use of basic geometric shapes, neutral colors, and clean lines. While it may seem like the opposite of abstract expressionism, I find that the two can complement each other quite well. By incorporating elements of minimalism into my work, I can create a sense of order and balance that contrasts with the

spontaneity of abstract expressionism.

As an artist, I am constantly experimenting with new techniques and mediums. I believe that art should be a journey of self-discovery, and I am always looking for ways to push myself out of my comfort zone and explore new possibilities. Whether I am working on a painting, an installation piece, or a photograph, my goal is always to create something that is beautiful, meaningful, and thought-provoking.

For me, there is no limit to the forms and colors that come together to create a final composition. However, this does not mean that I ignore the principles of visual arts when creating an abstract artwork. Abstract art is a unique expression of the artist's subconscious mind, and it communicates a specific state of intellect to the outer world through relevant media. This unity is what makes abstract art distinctive and personal,

like no other.

Since abstract art is free from usual objects and subjects in the outside world, it is not about tangible reality. Rather, it represents the emotional and spiritual aspects of the artist's mind. It is an expression of what exists in the artist's mind, seen vividly and felt with every fiber of their soul but unable to be found in the outer world.

Spontaneity is a major characteristic of abstract art. This genre presents the freedom of colors, shapes, and ideas in which the pictorial aspect is replaced by forms. Although most abstract artists, including myself, apply the rules and elements of visual arts in our artworks, we try not to imprison ourselves in academic constraints.

Living an artistic life, I don't know how or when I entered the world of minimalism, but it was a turning point that initially influenced my art style and eventually my lifestyle. Min-

imal painting is an authentic and perfect definition of abstraction resting on absolute simplicity.

Most minimal artworks enjoy geometrical motifs, in which case the forms are remarkably subtle, balanced, and controlled. Serialism and calculated composition techniques are well-prevalent in the creation of minimal paintings and artworks. Most often noticeable by relatively large monochrome surfaces and the repetition of visual elements, minimalism aims to place the right elements in the right locations and orders. The general concept of minimal art includes the senses of integrity, perfection, and decisiveness. Personally, it gives me a feeling of power and prosperity, which are widely experienced by those who have chosen minimalism as their lifestyle.

Being defined as the extreme simplified form of abstract art, minimalism presents a highly purified



form of aesthetic beauty. Like other forms of art, minimalism has its unique reality that is not an imitation of anything else. The forms and colors are direct and do not pretend to be something else. The unconditional reality that is the essence of minimalism shows truth and harmony in a clear and obvious visual way.

● COURTESY OF THE ARTIST